Political crisis in Egypt heats up

Judges from the country's top court on strike as standoff against President Morsi grows PAGE 6

TIK TOK: BIEBER AND KE$HA?

SINGER SAYS SHE WOULD GET WITH BIEBS, THEN WONDERS, 'WAIT, IS HE EVEN LEGAL?' PAGE 10

SASKATOON metro®

Monday, December 3, 2012

News worth sharing.

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Sask. athlete crushes Red Bull Crashed Ice

Nineteen-year-old Danielle Bergen from Drake, Sask., barrels down the ice cross downhill track at the Red Bull Crashed Ice event that was held this weekend in Niagara Falls, Ont. Bergen placed second overall in the women's division and will now travel to compete in Quebec City in March. SCOTT SERFAS/RED BULL CONTENT POOL

Second place.
Danielle Bergen advances to Quebec City competition

MORGAN MODJESKI
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Danielle Bergen said her dreams became reality over the weekend.

The 19-year-old from Drake, Sask., placed second Saturday night in the women's division at the Red Bull Crashed Ice World Championship 2013, held in Niagara Falls, Ont.

She said although she was nervous going into the race, she felt "stellar" about her performance.

"Placing second was pretty much a dream come true," said Bergen, who also said it was a thrill to be one of the athletes representing Saskatchewan at this year's event.

"To represent Saskatchewan, competing against world athletes, it's a pretty awesome feeling," she said.

"People were texting me ... and telling me congrats and stuff like that. And to know that I have that support from people back in Saskatchewan and back home — it makes it all the more fun and all the more worthwhile."

When asked about the dangers involved in the sport, she noted she doesn't feel that at risk while wearing full hockey equipment, but noted they do exist.

"During the race I definitely try and block that out," said Bergen. "During practice, always when you step on a new track I know that's one thing I keep in mind. But during the race it's definitely something that, when it pops into my mind, I definitely try to shove it down and focus on, 'Get to the finish line, get to the finish line.'"

Bergen will be travelling to Quebec City to compete in another Red Bull Crashed Ice event in March 2013.

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Help! This is not an emergency: Info services coming to province

Database, website.
211 non-emergency phone number expected for 2014

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Ken Howland, left, volunteer chair of the Saskatchewan 211 steering committee, and Sheri Benson, executive director with the United Way of Saskatoon, say a new 211 database and website expected for 2013 will serve as a road map for those in need. The database and website are crucial to the development of a provincewide 211 non-emergency number expected in 2014. MORGAN MODJESKI/METRO

Saskatchewan residents seeking social-service assistance may have an easier time in 2013 as the United Way in Regina and Saskatoon will be rolling out the first part of its 211 service next year.

The number is a non-emergency line people can call if they need information on issues like housing or access to food banks. In June of 2013, the United Way estimates it will have information for 10,000 up-to-date services available through a new online 211 database and public-access website.

Sheri Benson, executive director with United Way Saskatoon, says the database and website are major parts of creating a 211 number for the province — something they hope to have in place by 2014 — as they're still seeking a funding commitment from the province and through other avenues of funding.

"What we saw happening is that people were just calling any number," said Benson. "We talked to the police and we talked to SaskTel — and both of them said people call there for information referral because they don't know where else to go."

She continued, "911 is an easy-to-remember number, but it's not always the appropriate number."

Duane McKay, commissioner of emergency management and fire safety with the province, said even though 211 is in the early stages of development, he sees its value.

"It's a little early to tell what kind of impact 211 will have, specific to the province of Saskatchewan," said McKay. "The concept though does have some merit in terms of what do we do with individuals who call 911 or other emergency lines (for what) are not really emergency calls.

"Right now, we really can't help them because we don't have that transfer capability into other agencies."

The service in Saskatchewan would cost roughly $1 million annually.

Personal touch

"Being able to talk to a person is key for a lot of people who ... in crisis, just want an answer and want it quickly."

Ken Howland, volunteer chair of the Saskatchewan 211 Steering Committee, on the importance of setting up the hotline.

Saskatchewan boom

Growing province, growing needs

Joanne Grant, CEO of the Regina United Way, explained as the province continues to grow, so does the demand for services.

"We talk about being in an economic boom, which is great and we see the signs of that, but there's also a downside ... as more people are pushed down into more vulnerable situations," said Grant.

She also said as the province continues to grow, people who are new to Canada need specific types of services.

"It really helps address the growing pains of a boom and as we grow rapidly, we need to be able to keep up with what's happening in our province." METRO

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Saskatonians were welcomed into the Marr Residence, one of the city's cherished heritage homes, on Sunday, to help out with the holiday decorating and enjoy some tasty danties, coffee and hot apple cider.

MORGAN MODJESKI
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Saskatonians get a sweet taste of Christmas past

1 Christmas crafts.

Gary O'Brien and eight-year-old Cailyn O'Brien, smile for the camera while they work on some Christmas crafts.

2 Delicious treats.

Erica Poulin, a 14-year-old volunteer at the Marr Residence, concentrates hard on decorating some tasty looking treats.

3 Cookies a respite from the cold.

Eileen Lambert, a volunteer at the Marr Residence, poses with a tray full of cookies ready to be gobbled up by guests coming in from the cold, snowy afternoon.

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RCMP urges big changes to witness protection program

Blueprint for reform.
Mounties propose admission criteria be expanded to 'a broader spectrum of eligible witnesses'

Youth gang members — not just mobsters, bikers and other traditional protectees — should be allowed into the federal witness protection program as part of a sweeping modernization, says the RCMP.

The Mounties are also embracing intensive psychological examination of potential protectees, a national support centre for the secretive program, and an external advisory board to serve as a watchdog.

The changes are spelled out in a detailed RCMP blueprint for reforming witness protection with assistance from the federal Public Safety Department and the provinces.

Although the paper was completed in May 2010, it was released only now to The Canadian Press under the Access to Information Act.

RCMP spokesperson Laurence Trottier — while providing few details — confirmed that at least some changes have already been introduced. Trottier added that the witness protection program "continues to rapidly evolve."

The program, administered by the Mounties, provides measures ranging from short-term protection to permanent relocation and identity changes. The RCMP spent more than $9 million on the program in 2011-12.

Revelations five years ago that a protectee committed murder while in the program triggered a review and discussion that continues to this day.

Several provinces have their own witness protection programs, but often they provide only short-term assistance. In addition, obtaining new federal identity documents for protectees requires co-operation with the Mounties. THE CANADIAN PRESS

Sweeping changes

- The report says the program must be "better able to respond to current challenges" such as street and youth gang violence.
- The report also says a review of best practices and consultations with other countries revealed that the use of psychologists would "greatly assist" in determining whether someone was suitable for protection and possible relocation.

Wreaths laid to honour fallen veterans

Relatives and members of the public place wreaths at headstones of fallen soldiers during a Wreaths Across Canada ceremony at Beechwood Military Cemetery in Ottawa, Sunday. The commemorative ceremony places a wreath on the headstone of every veteran buried in the National Military Cemetery, the first Sunday of every December at 1:30 p.m. The day also helps teach children the sacrifice of our fallen.

FRED CHARTRAND/THE CANADIAN PRESS

Commission says 'no' to building code changes for wildfire-prone areas

A federal commission has rejected proposals to change Canada's national construction codes to better protect communities from destructive wildfires.

The changes would have required builders in areas prone to forest fires to use less flammable building materials, to space buildings farther apart and to keep them clear of trees and vegetation.

"The majority of the provinces said, 'No, you can't put this in the building codes because we couldn't enforce it,"' Philip Rizcallah, of the Canadian Commission on Building and Fire Codes, said. "They felt it would be very difficult to go in there and mandate the type of siding somebody put on their house." THE CANADIAN PRESS

Egypt's top judges blocked from court

Now on strike. Morsi supporters rally to stop judges from ruling on constitutional bias

Egypt's top court suspended its work indefinitely to protest "psychological and physical pressures" after supporters of the Islamist president prevented judges from entering the courthouse Sunday to rule on the legitimacy of a disputed constitutional assembly.

The decision by the Supreme Constitutional Court (SCC) is the latest twist in a worsening political crisis pitting President Mohammed Morsi and his allies against the mostly secular opposition and the powerful judiciary. The standoff began when Morsi issued decrees on Nov. 22 that gave him sweeping powers and granted the president — and the constitutional committee — immunity from the courts.

The Islamist-dominated panel drafting the new constitution then raced in a marathon session last week to vote on the charter's 236 clauses without the participation of liberal and Christian members. The fast-track hearing preempted a decision expected from the SCC on whether to dissolve the committee. The judges on Sunday postponed their ruling on that case.

A day earlier, Morsi announced a referendum on the draft charter on Dec. 15 despite opposition protests and questions about the document's legitimacy.

Supporters of Morsi claim that the court's judges are loyalists of ousted president Hosni Mubarak, who appointed them. Morsi's backers accuse the judges of trying to derail Egypt's transition to democratic rule.

THE ASSOCIATED PRESS

Dark times

"(This is) the Egyptian judiciary's blackest day on record."

The Supreme Constitutional Court
describing Sunday's blockade.

Riot police block supporters of President Mohammed Morsi surrounding the Supreme Constitutional Court on Sunday. AHMAD HAMMAD/THE ASSOCIATED PRESS

Intelligence. Navy struggles to explain lost and found sensitive data

Electronic records detailing the planned overhaul of Canadian naval intelligence — created when admitted spy Jeffrey Delisle was at the height of his treachery — were deleted from a National Defence database.

Two PowerPoint presentations, aimed at explaining the overhaul to intelligence analysts, were reported deleted when copies were requested earlier this year by The Canadian Press.

Military officials described the deletions as a clerical error.

The navy later claimed some copies had survived in email accounts.

"We should be asking questions, absolutely," said retired colonel and military law expert Michel Drapeau.

"I mean, naval intelligence goes to the security of the country, security of people, of our Armed Forces. They are issues of national interest."

Questions about the deletion come at a time when the military's entire handling of sensitive data is under scrutiny.

Last week, court records released in the Delisle case showed the naval officer retained top-secret access even though his security clearance had lapsed and that prior screenings had failed to pick up red flags in his personal life.

Delisle had been working at HMCS Trinity, a top-secret intelligence centre in Halifax, when he was arrested last January for passing classified information over to Russia over a five-year period. He pleaded guilty in October.

THE CANADIAN PRESS

Sub.-Lt. Jeffrey Paul Delisle leaves court in Halifax. THE CANADIAN PRESS FILE

Iran

Death sentence for Canadian resident deferred: Lawyer

A lawyer for Canadian resident Saeed Malekpour said that the computer programmer's death sentence on charges of creating a network of porn websites has been suspended in Iran.

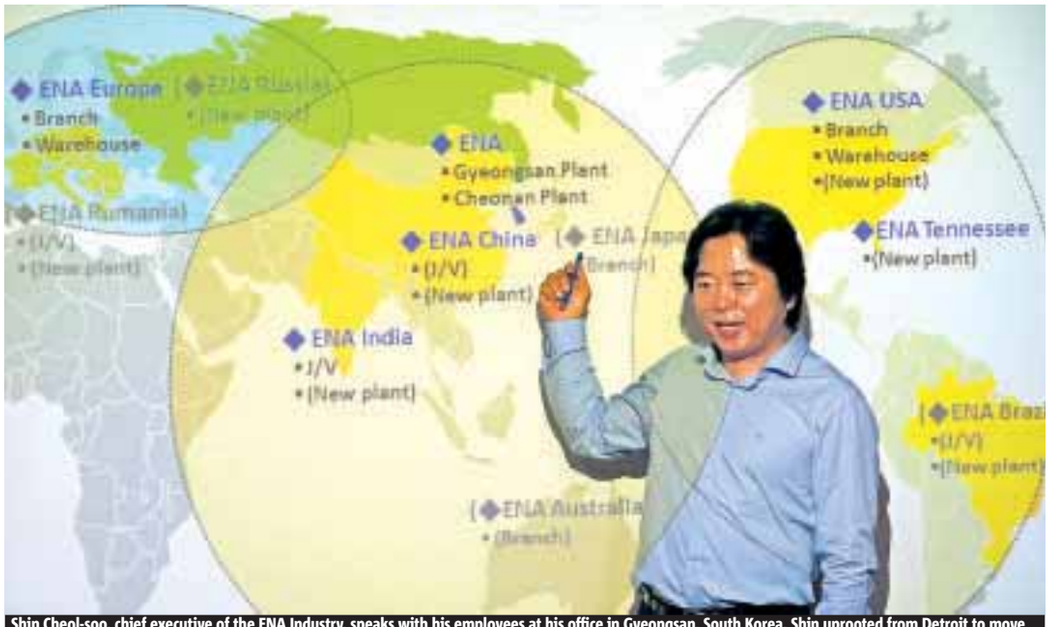
The plea coincided with Eid al-Fitr, a day of peacemaking and charity that marks the end of Ramadan, when Iran has sometimes pardoned prisoners.

Amnesty International and several activists have expressed caution, reserving judgement for proof of the suspension. Iran has in the past reversed decisions for clemency.

Malekpour has maintained that a software program he created while in Canada was used without his knowledge to post pornography. But he was nevertheless allegedly tortured for a confession and charged with "insulting and desecrating Islam."

After a 2010 trial widely condemned as unfair — and in which he was forbidden to defend himself — he was condemned to death. After two years on death row in Tehran's feared Evin prison, his file was handed over to the executioner to carry out the sentence of hanging.

TORSTAR NEWS SERVICE



Shin Cheol-soo, chief executive of the ENA Industry, speaks with his employees at his office in Gyeongsan, South Korea. Shin uprooted from Detroit to move closer to China, where economic opportunities are stronger. China now leads the world in terms of key trade partnerships. LEE JIN-MAN/THE ASSOCIATED PRESS

China tops U.S. as world's trade partner

The hand that feeds. China is starting to push back in disputes over trade, exchange rates and climate change

Power-holder

"The United States is a tiger with no power. Nobody can deny that China is the one now rising."

South Korean businessman Shin Cheol-soo

Shin Cheol-soo no longer sees his future in the United States.

The South Korean businessman supplied components to American automakers for a decade. But this year, he uprooted his family from Detroit and moved home to focus on selling to the new economic superpower: China.

In just five years, China has surpassed the U.S. as a trading partner for much of the world, including U.S. allies such as South Korea and Australia, according to an Associated Press analysis of trade data. As recently as 2006, the U.S. was the larger trading partner for 127 countries, versus just 70 for China. By last year the two had clearly traded places: 124 countries for China, 76 for the U.S.

In the most abrupt global shift of its kind since the Second World War, the trend is changing the way people live and do business from Africa to Arizona, as farmers plant more soybeans to sell to China and students sign up to learn Mandarin.

The findings show how fast China has ascended to challenge America's century-old status as the globe's dominant trader, a change that is gradually translating into political influence. They highlight how pervasive China's impact has been, spreading from neighbouring Asia to Africa and now emerging in Latin America, the traditional U.S. backyard.

Despite China's now-slowing economy, its share of world output and trade is expected to keep rising, with growth forecast at up to eight per cent a year over the next decade.

Last year, Shin's Ena Industry Co. made half his sales of rubber and plastic parts to U.S. factories. But his plans call for China, which overtook the U.S. as the biggest auto market in 2009, to rise fivefold to 30 per cent of his total by 2015.

"The United States is a tiger with no power," Shin said in his office, where three walls are lined with books, many about China. "Nobody can deny that China is the one now rising."

Trade is a bit like football — the balance of exports and imports, like the game score, is a neat snapshot of a jumble of moves that make up the economy, and both sides are apt to accuse each other of cheating from time to time. Also, the U.S. and China are both rivals and partners who can't have a match without each other, and a strong performance from both is good for the entire league.

Trade may get less publicity than military affairs or diplomacy, yet it is commerce that generates jobs and raises living standards. Trade can also translate into political power. As shopkeepers say, the customer is always right: Governments listen to countries that buy their goods, and the threat to stop buying is one of the most potent diplomatic weapons.

THE ASSOCIATED PRESS

All eyes on Obama as pipeline decision looms

It's a decision U.S. President Barack Obama put off during the 2012 campaign, but now that he's won a second term, his next move on a proposed oil pipeline between the U.S. and Canada may signal how he will deal with climate and energy issues in the four years ahead.

Obama is facing increasing pressure to determine the fate of the $7-billion Keystone XL project, with environmental activists and oil producers each holding out hope that the president, freed from the political constraints of re-election, will side with them on this and countless other related issues down the road.

On its surface, it's a choice between the promise of jobs and economic growth and environmental concerns. But it's also become a proxy for a broader fight over American energy consumption and climate change, amplified by Superstorm Sandy and the conclusion of an election that was all about the economy.

"The broader climate movement is absolutely looking at this administration's Keystone XL decision as a really significant decision to signal that dirty fuels are not acceptable in the U.S.," said Danielle Droitsch, a senior attorney with the Natural Resources Defence Council.

Once content with delays, opponents have launched protests in recent weeks at the White House and in Texas urging Obama to kill the project. On Capitol Hill, support for the pipeline appears to be gaining.

The pipeline became an issue in the campaign and Obama put it on hold while a plan was worked out to avoid routing it through Nebraska's environmentally sensitive Sandhills region.

THE ASSOCIATED PRESS

Trade secrets. Couple convicted of stealing info on hybrid car technology

Shanshan Du THE ASSOCIATED PRESS FILE

A former General Motors engineer with access to the automaker's hybrid technology was convicted along with her husband of stealing trade secrets for possible use in China.

Shanshan Du won a transfer within GM in 2003 to be closer to the technology and then copied documents until she accepted a severance offer and left the company in 2005, prosecutors said.

Du and Yu Qin were found guilty Friday by a federal jury in Detroit. Qin was also convicted of wire fraud and attempting to obstruct justice by shredding documents. Du faces up to 10 years in prison, while her husband faces up to 30.

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LIP FUR IS GONE — BUT IMPACT IS JUST STARTING TO GROW

URBAN COMPASS
Paul Sullivan
saskatoon@metronews.ca

Where did Movember come from?

There I was, minding my own business when, overnight, moustaches happened.

Not that I object. It's good, furry fun for gentlemen across the world to get in touch with their inner Magnum P.I. and grow a 'stache to raise money for prostate cancer and men's mental health during the least mentally healthy month in the year.

Really, before moustaches moved in, there wasn't much nice to say about November, especially this November and its blast of early winter. But this year, we've been treated to the epic attempt from Premier Brad Wall to grow a more luxuriant moustache than P.E.I. Premier Robert Ghiz.

As I write, Movember is just over and the two premiers have each raised more than $15,000 for the cause, but their moustache growing prowess isn't even close. Ghiz was almost able to achieve handlebar proportions while poor Wall was more than a little follicle-y challenged.

The razors are out and today, Movember is little more than a scratchy memory for the first spouses of Saskatchewan and P.E.I. Until next Movember.

It won't come as a great surprise to learn that Movember had its murky beginnings in an Australian pub circa 1999 — it sounds like the sort of thing that springs to life after several pints — but it has recently grown into an international movement, raising $175 million by "changing the face of men's health."

A good thing, too, because for too long, prostate cancer has been hiding in the shadows, even though it's the No. 1 cancer killer of men — 4,000 in Canada each year, according to the Canadian Cancer Society. It's also the most common form of cancer — 27 per cent of new cancer cases each year are prostate cancers. Fortunately, the five-year survival rate is good — 96 per cent — but there's nothing pretty about prostate cancer.

Just as there's nothing pretty about those Movember moustaches. Wall's, for example, looks like he was reading the paper when his nose started to itch. But it's the thought that counts, and raising money to fight cancer is a great thought to have.

Full disclosure time: I have a year-round upper-lip facial hair feature that goes with the rest of a goatee. It's compensation for a marked deficiency up top. But it gives me the option of expressing solidarity with all the momentary moustaches of Movember.

So it's all good. Unless you're my wife and every month is Movember. By the time Mo-gust rolls around, she has a tendency to get tired of making the scratchy sacrifice for men's health. I can sympathize, but it's a mo-ble cause, isn't it?

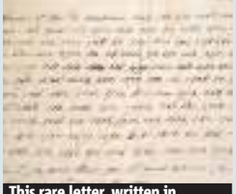
Blowing up the Kremlin

Secret-code letter by Napoleon auctioned off

A secret code letter sent in 1812 by Napoleon Bonaparte boasting that his French forces would blow up Moscow's Kremlin has sold at auction for 10 times its estimated pre-sale price.

A Paris museum — the Museum of Letters and Manuscripts — was finalizing its purchase of the Oct. 20, 1812 document for $243,500 US, including fees. That's far above the pre-sale estimate of $19,500 US.

Auctioneers at Fontainebleau Auction House south of Paris say the letter sold Sunday is unique. It was written in a numeric code used by the French ruler to throw off would-be interceptors. Its content bared the strains on Napoleon of his calamitous Russian invasion.



This rare letter, written in unusually emotive language, sees Napoleon complain of harsh conditions and the shortcomings of his grand army.
CHRISTOPHE ENA/THE ASSOCIATED PRESS

One line said: "At three o'clock in the morning, on the 22nd I am going to blow up the Kremlin."
THE ASSOCIATED PRESS

Cartooning consumerism

CONTRIBUTED

Windsor, Ont.

Tagging acts as culture commentary

The iconic cartoon father Homer Simpson pasted to the side of a shuttered 7-Eleven in Windsor, Ont., cries out in pain, blood dripping from his hands and wrists. Dubbed Homercidal, he's the work of street artist Ben Frost.

"It's as if consumerism has affected Windsor in a way that's burst the bubble," he says. "Homer has the blood of the workers on his hands." METRO

D'oh

- Frost also affixed a two-headed Dewey (of Duck Tales fame) to an abandoned Kentucky Fried Chicken, and a somewhat disturbing version of Bambi to a former Home Depot location.
- The KFC duck clearly invokes urban legends about the company using genetically-modified animals in its food, while the Home Depot piece is a comment on mass-produced goods.

Buyer's remorse

Message might stick

Frost uses his art as a form of social commentary.

"In a lot of ways, it's about using corporate imagery as a way to take the power back, taking their logos and what they're feeding us, and subverting it," he says.

Frost's pieces are paper posters affixed using simple adhesives. The method helps minimize his chance of a run-in with the law.

"Because it's paper, you can only get in trouble for littering," he says. METRO

Not about doughnuts

"It's a nod to a consumer culture where we're just creating simulations of the same stuff ... Especially at a place like Home Depot where there's five million $1 paintbrushes. There must be a machine somewhere that's just spitting them out."
Ben Frost, Toronto-based street artist

Event joins forces in support of women's rights

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating.

Here's a reminder that we gain strength by coming together.

On Dec. 9, the Saskatoon Women's Community Coalition (SWCC) will join organizations across the country in commemorating the National Day of Remembrance and Action on Violence Against Women. With guest speaker Nayyar Javed, a passionate community activist, feminist and psychologist, the event will honour the memory of the 14 women murdered at Montréal's École Polytechnique on Dec. 6, 1989, and provide an opportunity to reflect on how we can take action in support of women's rights.

"Dec. 6 reminds us to do our part, each and everyday, to ensure our community and our country is safe for all women and girls," says Nancy Johnson, board member of the SWCC, a not-for-profit organization established in 2000.

The SWCC participates in three main events a year, including Take Back the Night marches, International Women's Day and the Dec. 6 memorial.

"Change is inevitable upon talking about the issues," says Johnson. "If you touch one person, that person will reach out to others. When we stand together, we can make a difference."

The event will begin at 2 p.m. in the cafeteria space of St. Thomas More College on the University of Saskatchewan campus. Join in for an important day.
CRAIG AND MARC KIELBURGER

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Torture? That's fine, but don't beat him at ping-pong

Silent Night. Latest role offers McDowell — who relished beating Stanley Kubrick at table tennis — a rare chance to play the good guy

RICHARD CROUSE
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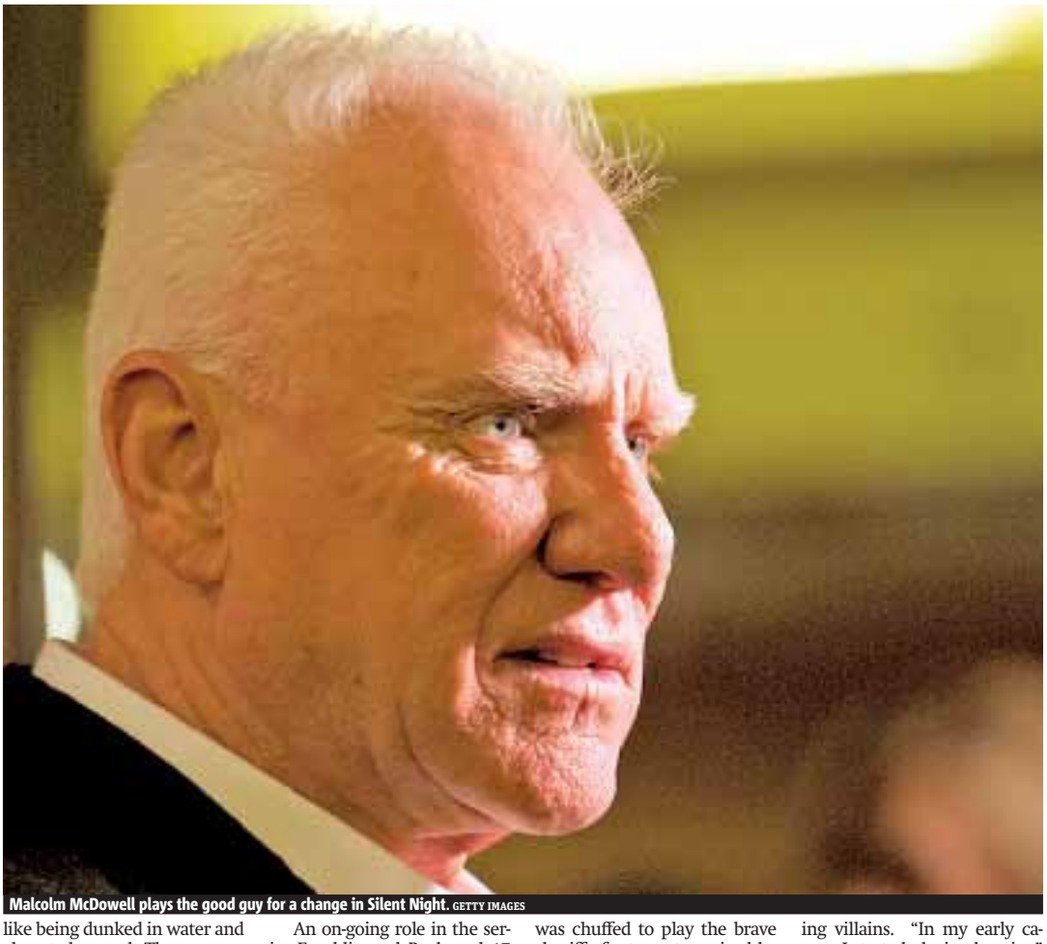
Malcolm McDowell plays the good guy for a change in Silent Night. GETTY IMAGES

On Wednesday, the two most popular items on my Facebook site were a picture of a kimono-wearing David Bowie playing ping-pong, the other a mention of my upcoming interview with Malcolm McDowell.

My reference to McDowell, the menacing actor who famously played the man who killed Captain Kirk in Star Trek: Generations and became an icon starring as Alex DeLarge in A Clockwork Orange, drew dozens of comments.

The interview was meant to promote Silent Night, a Winnipeg-shot slasher flick about a killer Santa Claus, on DVD next week, but before we get into talking about the film, however, I tell him about the postings. He connects the dots between table tennis and his most famous film.

It seems director Stanley Kubrick and McDowell played ping-pong on the set of A Clockwork Orange. When I ask who usually won, he said:

"He never ever took a set from me. I wiped the floor with him with such great relish because it was the only thing I could really beat him at. He was tormenting me as the character and I'm sure deep down he enjoyed it. He was a little bit sadistic. I went through quite a lot of nasty injuries from the eye thing and horrible things like being dunked in water and almost drowned. There was a lot of physical abuse. So when I could get my own back, I really loved it."

When I ask if he still plays the game, he replies, "No, I haven't played in years."

Hasn't had time I guess.

An on-going role in the series Franklin and Bush and 17 other IMDB credits for 2012 alone are proof that at age 69, he keeps as busy as most actors half his age. He says Silent Night was a welcome change, however.

Usually cast as a baddie, he was chuffed to play the brave sheriff of a town terrorized by a slaying Santa. "Without pandering to the audience, I just wanted to bring a little lightness and humour to it without chewing the scenery," he says. "Well, not too much."

Not that he's unhappy playing villains. "In my early career, I started playing heavies," he says. "Clockwork Orange is one of the great heavies. If I had been playing heroic types I would have had a very short career. Playing heavies has allowed me to work no matter what my age."

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A biting affair: Pattinson keeps Stewart on her toes

Robert Pattinson

Kristen Stewart and Robert Pattinson may have reconciled following her cheating scandal this summer, but it's not necessarily all smooth sailing between the Twilight co-stars. "Things will be strained for a while," a source tells Us Weekly. "Rob is at a point where he sometimes ignores her. He'll go out and won't respond to her calls or texts right away. She knows she has to go along with it. She is working hard at the relationship."

Twitter

@rustyrockets
On my way to #PerthArena, first comic to play there. And last - the finale involves clumsy pyrotechnics.

@KChenoweth
I think im tryin to get the flu. But i wont let it happen.

@billmaher
Dec. 1 is kind of a depressing day - into the last month now...another year shot, another year closer to death. Happy Holidays everybody!

@kevin_nealon
Conundrum Question: What if global warming was responsible for no earthquakes lately in California?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ke$ha wouldn't rule out romance with the Biebs

Justin Bieber

While Justin Bieber appears to be patching things up with Selena Gomez, he can take comfort in the fact that he'd have other options if the reconciliation doesn't work out. When asked by Rolling Stone if she'd be interested in getting intimate with the 18-year-old pop star, rapper Ke$ha gives a resounding, "Sure" before asking, "Wait, is he even legal? Could I go to jail for this?" Once assured that Bieber is in fact of age, Ke$ha adds, "OK then, I would. We could go out and buy lottery tickets, vote, play putt-putt golf. All the things that are legal at the age of 18."

Quoted

"Wait, is he even legal? Could I go to jail for this?"

Ke$ha
On getting intimate with Justin Bieber

Jessica Biel ALL PHOTOS GETTY IMAGES

Biel loves calling Timberlake her hubby

Jessica Biel is adjusting to married life, as weird as it may seem to her just over a month after tying the knot with Justin Timberlake.

"It's weird because it feels like almost nothing has changed, yet something that you can't really describe — or something that isn't tangible — has changed," she tells Ellen DeGeneres in an interview.

"I think the weirdest and kind of most wonderful thing is that word, 'That's my husband.' That's the word. And every time I say it, I go really Southern with it. It's weird."

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Water activities

Little swimmers

Beyond sleeping soundly, new research suggests kids who swim also hit developmental milestones earlier than their landlocked peers.

The Griffith Institute for Educational Research pooled together three years' worth of data from 7,000 under-fives from Australia, New Zealand and the U.S. in the most comprehensive study on the impact of early years swimming.

Swimmers outperformed non-swimmers, regardless of socio-economic background and gender. Not only were visual-motor skills milestones achieved earlier, but children who swam also scored better in areas of literacy and numeracy. JULIE M. GREEN, YUMMYMUMMYCLUB.CA

Cleanup

Easy linen closet solutions

Have you ever found yourself pulling apart your entire linen closet in a desperate search for matching sheets and pillowcases?

Well, there's a super simple solution that I wish I would have thought of years ago!

When you are putting your sheets away, fold and place them inside the matching pillowcase. That way, everything is in one pillowcase — perfectly neat and folded.

Bonus: No one will notice how well (or not well) your fitted sheets are folded.

JOYCE REYNOLDS, YUMMYMUMMYCLUB.CA

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- **Tweet tweet.** Even the wrong tweet can send mommy into a tailspin of tears, so she had to unfollow Miley Cyrus. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

No child should feel afraid to go to school — ever

Bullying. The increasing problem hits close to home for one family

CONSUELO BERNARDI
yummymummyclub.ca

It's 2:03 a.m. and I'm wide-awake. My mind keeps replaying a conversation my husband and I had with our six-year-old son, who told us he was being bullied at school.

It was the hardest, most gut-wrenching conversation I've ever had. My son was a happy, optimistic kid who recently had turned into an angry, moody and argumentative shell of himself. For the longest time, I blamed myself for going back to work. I wish my job was the reason behind the change.

He was afraid of recess. He didn't want to be pushed or called an idiot and a baby.

The worst part was that he was starting to believe these words. He said, "I know you keep saying that they are just words and I should ignore them, but sometimes the words are just too strong and my brain tells me to believe them. Maybe I am the world's worst boy and I don't deserve to be at that school or in this family. Or maybe I shouldn't even be on this earth. Those boys are making my life shorter. I feel that in my head."

No six-year-old should ever say these words. No child should feel afraid to go to school — ever.

I now have a heightened sense of urgency to find a bullying solution. I get that kids will be kids, but this generation seems to be increasingly filled with kids who push and test the boundaries with no true sense of what consequences their actions will have.

Schools need the resources and support to deal with this ever-growing problem. Parents need to be more proactive.

We need to talk to our kids about being bullied, what bullying is and what it does. We need to keep the lines of communication open and keep the dialogue going until it sinks in.

Before he finally fell asleep, my son asked if we were mad at him for telling us what was bothering him. We both told him how incredibly proud of him we were because we knew how hard it was for him to tell us, especially since it had been bothering him for such a long time. We told him we thought he was very brave. He cried. We cried. We exchanged I love yous and extra long hugs.

Bullying proves that words can hurt. ISTOCK

I stayed with him until he fell asleep, just staring, watching him breathe and hoping that his mind would be filled with nothing but good dreams while he slept. And I wished that in the morning he would turn back into that happy, carefree little boy I once knew.

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Roll up your sleeves and bake with kids

There are ways to enjoy baking with the little ones. ISTOCK

Bonding. Having little ones help in the kitchen creates memories

MOMSTOWN
Yummymummyclub.ca

You're covered in flour, the floor is a mess of coconut and chocolate chips, and your kids' fingers won't stay out of the mixing bowl.

It sounds like a disaster, right? Nope, it's a memory. It's a learning experience. It's a wonderful holiday tradition for you to create with your kids. It's a moment that's worth all of the cookie crumbs and vagrant coconut pieces.

Baking with your kids is really something they will remember forever.

Take the plunge, pull out your apron and remember these five tips to help your survive baking with the kids.

Make a plan
Get ahead of the mess and set up the ingredients along with bowls, measuring cups and the mixer. The more organized you are, the better.

Reason for the insanity
Make something to give to the teacher or neighbour in a cookie exchange. By planning it that way, you're less likely to bail on the plan and more likely to help your child develop pride in his or her work and giving.

Choose a creative project that's easy to adapt
A project or recipe that is too complex will be frustrating for both you and the kids. Small hands and short attention spans will do better with projects that have only a few simple steps.

Document!
Take loads of pictures of the whole process for the memory books (or social networking sites). If the cookies burn, you'll be bummed about having no treats, but you'll still be able to reflect on how much fun it was.

Eggnog never hurts
There's nothing wrong with mama chef enjoying a little spiked eggnog during the baking process. It helps turn a blind eye to the egg shells in the batter and the fingers in the bowl. We're all real moms, right?

A Tex-Mex fiesta in a bowl

The garnishes for this Tortilla, Sautéed Corn and Plum Tomato Soup make it a real Tex-Mex favourite as well as a beautiful-looking soup.

It's a great starter to a main course of fajitas, burritos or quesadillas.

I buy flavoured tortillas in bulk and freeze them.

To defrost, place the entire package in the microwave oven and heat on high for 30 seconds, or just until you can break away the number you need. Refreeze the remainder.

The different colours add interest to any meal.

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup drained canned corn kernels
- 4 cups chicken or vegetable stock
- 3/4 cup rinsed and drained canned black beans
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 2 1/2 tsp cornstarch
- 1/4 tsp salt and freshly ground black pepper
- 1 cup thinly sliced flavored flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

1. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.

2. Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.

3. Add the tomatoes, cornstarch (dissolved in 1 tbsp of water) and salt and pepper. Simmer for 2 minutes until slightly thickened.

4. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh herbs, and sour cream.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

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When in doubt at Pizza Hut, one meat is better than six in calories and fat.

Pizza Hut Meat Lovers multi-grain personal pizza

740 calories/ 34 g fat
The name says it all. Six fatty meats account for the calories and fat. It's close to half your daily calories and fat in just one small meal.

Equivalent

One Pizza Hut Meat Lovers multi-grain personal pizza is equivalent in calories to three hot dogs with buns, ketchup and mustard.

Pizza Hut Pepperoni on multi-grain personal pizza

510 calories/ 17 g fat
Pepperoni in moderation cuts the fat in half and contains less calories than the Meat Lovers choice.

The comfort and nutrition of cauliflower

This Roasted Cauliflower and Red Pepper soup not only offers great flavour, but the colours and textures are attractive as well.

Roasting intensifies the flavours of the vegetables. To roast red peppers, quarter peppers and remove seeds. Place skin side up on a rimmed baking sheet in a 230 C (450 F) oven and roast for 10 minutes. Turn peppers over and roast for 10 to 15 minutes or until skins are blackened. Transfer peppers to a small bowl, cover tightly and let stand for about 15 minutes. When cool enough to handle, peel off blackened skin and discard.

Meanwhile, cut the cauliflower into bite-size florets to make it easier to eat.

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1. Heat oven to 220 C (425 F).

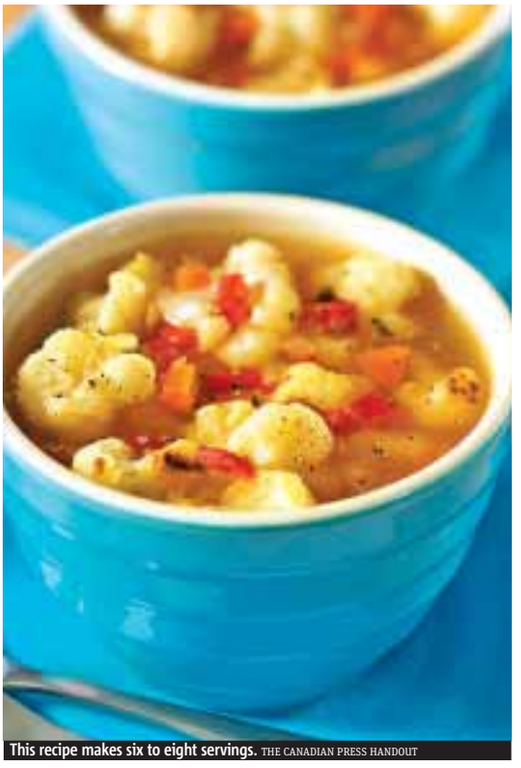
2. Line a rimmed baking sheet with foil. Place cauliflower on sheet and drizzle with 10 ml (2 tsp) of the oil.

3. Roast, turning once, for 20 to 25 minutes or until florets start to caramelize and are lightly browned.

4. Meanwhile, in a large pot, heat remaining oil over medium heat. Sauté onion and carrots for 3 to 4 minutes or until softened. Add garlic and sauté for 30 seconds. Stir in caramelized cauliflower, broth, roasted peppers and thyme; increase heat to high and bring to a boil. Reduce heat and simmer for 10 minutes to blend flavours. Discard thyme sprigs. Season to taste with pepper.

Ingredients

- 1.25 l (5 cups) bite-size cauliflower florets
- 20 ml (4 tsp) canola oil, divided
- 250 ml (1 cup) finely chopped onion
- 250 ml (1 cup) finely chopped carrots
- 2 cloves garlic, minced
- 1 l (4 cups) reduced-sodium chicken broth
- 2 roasted red bell peppers, finely chopped
- 2 sprigs fresh thyme
- Freshly ground black pepper



This recipe makes six to eight servings. THE CANADIAN PRESS HANDOUT

THE CANADIAN PRESS/ COOK! DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).

The In-Credibility Factor

Name: Cody Battershill
City: Calgary
Age: 28
Occupation: Real estate agent and community activist

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Cody Battershill PROVIDED

Cody Battershill had plans to become a lawyer, but when his mother suggested he get into real estate he switched gears and became an immediate success.

Two years into his career, he was honoured with the MLS Millionaire Dollar Club Award and was in the top one per cent of sellers in his company. Focused and very successful in his career, Cody is also intensely committed to his city and volunteers with more than seven child and youth organizations in Calgary.

I knew I was on my way when... I was 20 years old and I sold my first house. I felt like I had gotten to the first yard marker of my success in my new career, but it's been eight years and I've never looked back.

A lot of people talk about balance. For me, that's having a family, being a pillar of the community and helping those less fortunate. One of the best things is the friendships you make. Everywhere I go I see people that have become my friends because I helped them accomplish their real estate goals. The No. 1 most important thing for me is to put my clients and their concerns first.

Don't focus on the money, focus on the client.

Action Plan

• Never stop reading, learning and growing
• Embrace technology. I read 25 magazines and two books a month on the Internet.
• I have over 20,000 friends on Facebook and I had 25,000 visitors to my website because I love what I do.
• Do things for the right reason and the business will follow.

• Surround yourself with the right people
Look for successful people who can mentor and guide you. Ask them as much as you can for advice, career direction and planning.

• Stay focused on your goals
Don't let anyone discourage you. Your life is what you make it so set goals for this month, this year and then five years down the road. Short term setbacks always lead to longer term success with the right attitude.

Why you should never stay at a job for more than 5 years

Employment. Changing jobs frequently was once a no-no on one's work record — how times have changed

YLVA VAN BUUREN
careerbear.com

Here are 10 reasons why changing jobs every four to five years can be a positive move, both professionally and personally.

1. Discovery
A new job provides opportunity to learn a new industry, skill or even perspective, says Lauren Friese from TalentEgg, a job website and career resource for students and new graduates. At the same time, you are finding and developing your areas of interest by tackling the unknown.

2. Good things come from putting yourself out there
As Maeghan Smulders, the Canadian super-intern who interned at 10 different companies over several months in order to find her dream job proves, opening yourself up to a range of individuals and networks has a huge professional advantage.

3. It teaches you how to take a calculated risk
Says Friese: "If you feel you can make a rational decision that the grass is truly greener in another opportunity, I think that you should always take it."

4. It pays
If you can't get ahead at your current job, it may be time to find another one. Career advancement and more money are great reasons to take another job.

5. No one will judge you
It's common knowledge that careers are much more fluid than they used to be. "Rather than talk about someone having several different careers over their life," says Friese, "I think we'll talk more about numerous opportunities to work from different angles and experiences."

6. It's a reflection of the new workplace reality
"In general, the whole workforce in this country is becoming a flexible workforce," says Friese. Also, 'one company from first-hire to retirement' employment is becoming a thing of the past. Eventually, while full-time jobs will still exist, I think that people will not be defined by where they work as much as before."

7. The Peter Principle
The Peter Principle suggests that many organizations promote their employees to positions that they are not actually capable of doing — and that's where they stay. Leaving avoids that.

8. Your reputation
As the workplace changes and becomes younger due to demographic shifts, the best way to stay employable and hip is to have a broad range of experience. Moving around also saves you from being pigeon-holed.

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

9. Survival
Ensuring a broad skill-set reduces your chances of being caught in an obsolete or shrinking field, and it provides a life raft in the event you are.

10. Necessity

If the grass is really greener on the other side, go for it. ISTOCK IMAGES

Some firms have a built-in culture of turnover. For example, it is well known that large accounting firms hire a lot of young people to do their auditing and expect at least half of them to move on.

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Lawton's rink captures Canada Cup curling title

Curling. Saskatoon skip improves chances of qualifying for 2014 Winter Olympics with victory in Moose Jaw

Stefanie Lawton of Saskatoon captured the Capital One Canada Cup women's curling title Sunday to secure her spot in the 2013 Roar of the Rings.

Lawton won 6-4 over a Jennifer Jones team being skipped by Kaitlyn Lawes. Teaming up with Marliese Kasner, Sherri Singler and Sherry Anderson, Lawton scored one in the 10th end to clinch her third Canada Cup victory in front of 2,727 fans in Moose Jaw.

The men's and women's champions receive one of the six automatic qualification spots for the Roar of the Rings next December in Winnipeg — the tournament that will determine Canada's entries at the 2014 Winter Games in Sochi, Russia.

"It's huge," Lawton said on clinching her spot. "You count points all year — the last couple of years — to get that berth. We don't have to worry about counting points, and where you're ranking. ... For sure, that feels really good."

Lawes, meanwhile, is handling skip duties for Jones' Winnipeg rink since Jones gave birth to a baby girl two weeks ago and is also recovering from knee surgery.

Lawes' team includes Dawn Askin, Jill Officer and Kirsten Wall.

"It was an interesting year for us," said Lawes. "Definitely learned a lot and we had a wonderful time playing with Kirsten. It would have been nice to finish it off with her, but we're happy with our week at the Canada Cup. To make the final is really satisfying."

THE CANADIAN PRESS

Quoted

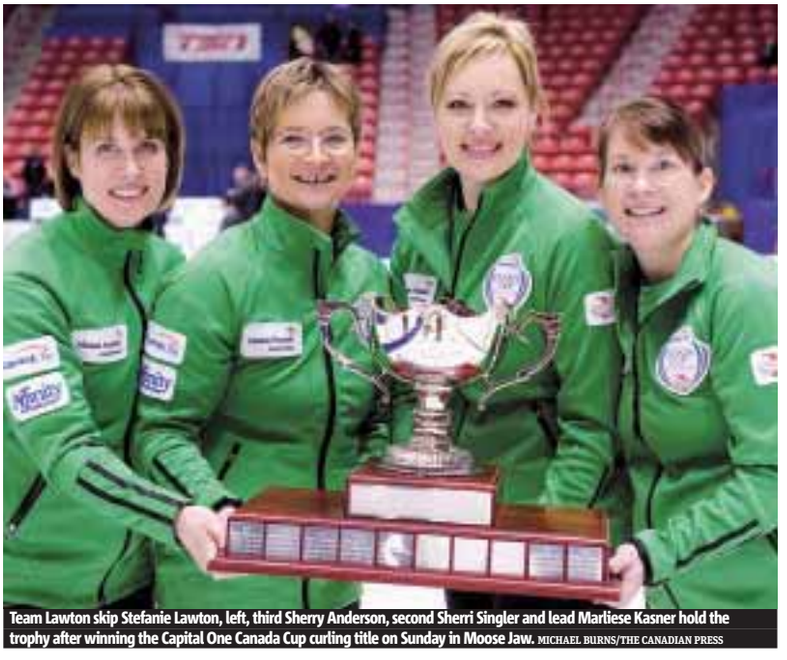
"We don't have to worry about counting points and where you're ranking ... For sure, that feels really good."

Stefanie Lawton on securing a spot in next December's Roar of the Rings.

Men's side

Jeff Stoughton of Winnipeg defeated world champion Glenn Howard 4-3 on Sunday in the men's final of the Capital One Canada Cup.

- Stoughton scored in the 10th end to secure a spot in the 2013 Roar of the Rings.
- Stoughton was joined by Jon Mead, Reid Carruthers and Mark Nichols in taking out the Coldwater, Ont., skip.



Team Lawton skip Stefanie Lawton, left, third Sherry Anderson, second Sherri Singler and lead Marliese Kasner hold the trophy after winning the Capital One Canada Cup curling title on Sunday in Moose Jaw. MICHAEL BURNS/THE CANADIAN PRESS

Chiefs find win amidst the grief

Kansas City Chiefs players kneel and pray before a game against the Carolina Panthers on Sunday in Kansas City, Mo. PETER AIKEN/GETTY IMAGES

Against the backdrop of an unthinkable tragedy, the Kansas City Chiefs gave themselves a reason to be proud Sunday — and perhaps the impetus to let the healing begin.

Brady Quinn threw for 201 yards and two touchdowns, and Jamaal Charles ran for 127 yards in the Chiefs' 27-21 victory over the Carolina Panthers. The win snapped an eight-game losing streak during one of the most difficult seasons the franchise has ever experienced.

The win came a day after linebacker Jovan Belcher allegedly shot his girlfriend multiple times, then drove to the team's practice facility and turned the gun on himself as GM Scott Pioli and coach Romeo Crennel looked on.

Pioli walked through the press box before the game and said he was doing "OK," though he didn't stop to talk. Crennel was on the sideline coaching his team to an uplifting victory.

THE ASSOCIATED PRESS

Quoted

"We have so many guys on our team and our coaching staff who are really, really hurting."

Chiefs chairman Clark Hunt

Crime scene

People were coming and going Sunday from a house where a day before Chiefs linebacker Jovan Belcher allegedly shot and killed his girlfriend.

- Police did not release additional information Sunday.
- Kasandra M. Perkins, 22, was shot multiple times Saturday morning. Belcher then allegedly drove to Arrowhead Stadium to thank GM Scott Pioli and coach Romeo Crennel for all they'd done for him before he fatally shot himself in the practice facility's parking lot.

Speedskating

Nesbitt doubles up on World Cup gold

Canada's Christine Nesbitt added to her gold-medal collection Sunday, winning the 1,500 metres at a long-track speedskating World Cup in Astana, Kazakhstan.

The London, Ont., native then teamed up with Ivanie Blondin of Ottawa and Brittany Schussler of Winnipeg to win the team pursuit.

THE CANADIAN PRESS

Christine Nesbitt THE ASSOCIATED PRESS

NHL

Head honchos to sit out round of talks

The NHL's collective bargaining talks will resume without the key negotiators in the room.

A handful of owners and players will meet Tuesday afternoon in New York.

Commissioner Gary Bettman proposed the meeting last week and the NHLPA accepted it on Sunday.

Both he and NHLPA executive director Donald Fehr won't be present for the session. The NHL lockout is into its 12th week.

THE CANADIAN PRESS

Gary Bettman GETTY IMAGES FILE

NBA

"I think they're a hell of a basketball team. I really do."

Phoenix Suns coach Alvin Gentry on the Knicks, who beat the Suns 106-99, Sunday. The Knicks are 7-0 at home this season and 18-1 in the regular season at Madison Square Garden under coach Mike Woodson.

Horoscopes

♈ Aries
March 21 - April 20
If you jump to conclusions today you will most likely get it completely wrong, so be careful. That applies both to personal affairs and to your career. Remember: a quick decision is not always the best decision.

♉ Taurus
April 21 - May 21
Think twice before deciding your next move, then think a third time to be on the safe side. With Jupiter strong in your chart you could make a lot of money – but you could just as easily lose it too.

♊ Gemini
May 22 - June 21
It could turn out to be costly if you act on the advice of a colleague. Trust your own judgment and make your own decisions, even if it means going against "expert" opinion which, as you know, is not always reliable.

♋ Cancer
June 22 - July 23
What is your weak spot? What area are you most vulnerable in? Make sure you know and make sure you are well protected because your rivals will seek to exploit it over the next 24 hours. Be on your guard.

♌ Leo
July 24 - Aug. 23
For some strange reason the words you are using don't sound the way you want them to sound. In which case your best bet is probably to say nothing at all, at least for the next 24 to 48 hours.

♍ Virgo
Aug. 24 - Sept. 23
With the Sun opposing Jupiter across important angles of your chart you will need to make a conscious effort not to go over the top. Whatever it is that is winding you up right now let it go.

♎ Libra
Sept. 24 - Oct. 23
Common sense should tell you that you don't have the time to do everything yourself, so get help from people who share your aims and ideals. They may never do as good a job as you, but what choice do you have?

♏ Scorpio
Oct. 2 04 - Nov. 22
Stop thinking so hard and focus on tasks that are physical rather than intellectual. Not only will your mind get the rest it needs but the answer to an old problem will pop into your head when you least expect it.

♐ Sagittarius
Nov. 23 - Dec. 21
With Jupiter, your ruler, opposed by the Sun today you may fear the worst about a partnership issue, but there really is no need. Everything will work out for the best in the end. Somehow it always does.

♑ Capricorn
Dec. 22 - Jan. 20
Partners and colleagues are far too busy sorting out their own problems at the moment to worry much about yours. Which is annoying in one way but good in another. They are less likely to watch what you're up to!

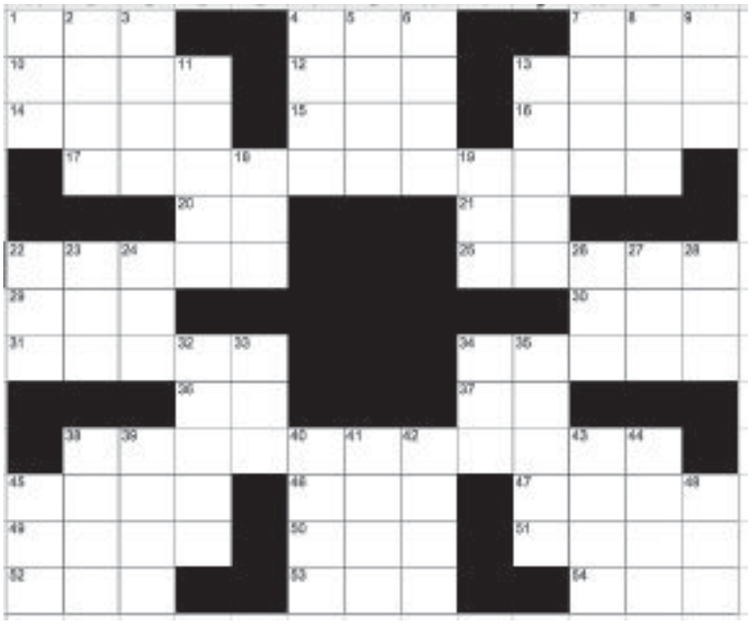
♒ Aquarius
Jan. 21 - Feb. 19
Take what you hear from a friend with a large pinch of salt, because the planets warn they are exaggerating. If they tell you one thing and your sixth sense tells you the opposite you must trust your own inner voice.

♓ Pisces
Feb. 20 - March 20
It might be best not to make any sudden or far-reaching decisions, but if you have to make a choice of some kind make sure you consult family and friends.

SALLY BROMPTON

Crossword

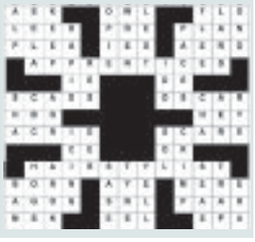
BY BETTY MARTIN



Across
1. Mistake
4. Prone
7. French soul
10. Form of transport
12. Flowery meadow
13. Study hard for a test
14. "He's Just Not That — You"
15. Hockey great
16. Flying (prefix)
17. Home of Parry Sound (2 words)
20. British thanks
21. Two, in Rome
22. Flooded
25. Fury
29. One of the judges on Dancing with the Stars
30. The night before
31. Wards off
34. Absolutely perfect
36. Apiece (abbr.)
37. Regarding (abbr.)
38. Depict
45. Continental currency
46. Airport listing (abbr.)
47. The — Ranger
49. 'A' – – Apple (2 words)
50. Dismal
51. Gradual
52. Abbr. found on a map
53. – la la
54. Wind direction (abbr.)

Down
1. Silkworm
2. Pealed
3. Ceremonial act
4. Like a bump on – – (2 words)
5. Gilpin of Frasier
6. "Gone with the Wind" plantation
7. Land measure
8. Name repeated in a nursery rhyme
9. Funnyman Philips
11. Hauls
13. Log home
18. School cheer
19. Actress Peeples
22. TV alien
23. Tiny
24. Raggedy doll
26. Golly!
27. Longoria of Desperate Housewives
28. Family mem.
32. Evil one
33. — Paulo, Brazil
34. Bargain basement abbr.
35. Buys and sells
38. Sneeze inducer
39. A great lake
40. Retreat
41. Nova
42. Cry of accomplishment
43. Allure
44. Dukes of Hazzard spin-off
45. Corn serving
48. Female sheep

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

1								5
	4	7				8	2	
			8	5	2			
		6	3	2	1	7		
2	9						8	1
		5	4	8	9	2		
			7	3	8			
	3	2				9	4	
6								8

Sharability

easy hard

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PST Paid, Heated Leather Seats Front and Back!! Low Kms, Dual Climate Control, Proximity Key with Push Button Start, Paddle Shifter, Sunroof

~~$26,995~~ $26,388
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SAVE $607

2009 Hyundai Tucson 25th Anniversary

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Black on Black Sport Leather, Heated Seats, Sunroof, Bluetooth, AWD, V6, USB and Auxiliary Input

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PST Paid, Black on Black Interior, Heated Seats, Air, Cruise Control, Very Low Kms

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SAVE $607

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NO HASSLE, NO FUSS... JUST FFUN

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